

breast cancer — you Can Survive



PREVENTION AND DETECTION

1. **BREAST SELF-EXAM**, performed monthly.
2. **BREAST PHYSICAL EXAM**, done by a doctor or other qualified medical provider.
3. **MAMMOGRAPHY**. Mammography is one technique doctors use to screen for breast cancer, but it is also used to diagnose breast cancer.
4. **Contact your personal physician** if you think you have any signs of breast cancer, and make sure to schedule annual physical examinations.
5. **Contact HQ Health Units or your local Site Occupational Medicine Program** for more information.

DOE employees' stories of hope and solace:
http://www.eh.doe.gov/health/hservices/cancer_awareness.html